



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

NEWS AND INFORMATION FROM
The Grand Traverse Bay YMCA

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FOR IMMEDIATE RELEASE

Y FAMILY NIGHTS

The holidays are winding down, kids are back to school, and parents are back to the daily grind. Before you know it, your family is headed in a hundred different directions. It's so hard for families to come together and just hang out and get to know each other again after the hussle and bussle of the holidays. How do we get back to each other?

The YMCA helps families build the five pillars that support a healthy family home: EAT HEALTHY, PLAY EVERY DAY, GET TOGETHER, GO OUTSIDE, AND SLEEP WELL. By using these pillars you can make the first steps in living a healthier life.

A great way for families to come together and build on these pillars is Family Fun Night. Bring the whole family for a game of basketball, racquetball, and tennis. Don't forget to challenge each other in a game of Wii bowling or boxing! Our Family Fun Night is also a great way to escape the kitchen because we provide a pizza dinner. No dishes or clean up for you tonight!

Family Fun Night is held on the first Friday of every month at the YMCA Main Facility, 3000 Racquet Club Dr, Traverse City from 6:00 to 9:00 pm. The cost is FREE to YMCA members and only \$15 per family for non-members. The next night is scheduled for January 7.

The YMCA Child Care Center, located on 1100 Woodmere Ave, Suite B, Traverse City, holds a Family Fun Night geared toward younger children on the third Friday of each month from 6:00 to 8:00 pm. The next night is scheduled for January 21.

The cost is the same for both Family Nights.

More information is available at our website at www.gtbayymca.org or contacting Katie Winslow at 933-9622. The Y is for youth development, healthy living, and social responsibility.

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